

An Introduction to Myers-Briggs®

During this two-part series, you will gain valuable insight regarding your own personal style and the styles of others around you in terms of how we process information, make decisions and our natural preferences. By utilizing the Myers-Briggs Type Indicator®, we will learn about the 16 different types so that we can better understand ourselves and others that we interact with and be able to appreciate our personal differences. Learning about type is a personal journey of discovery. Type is a beneficial tool for personal growth, leadership development, team-building, improving communication, career development, and change management. Pre-registration is required as participants will complete the on-line assessment in advance of the classes. Cost: \$25.

Unless otherwise noted, all classes will be held at CAPS, 32 College Street, Montpelier	
Location:	CAPS
Time:	9:00 – 12:00
Cost:	\$25.00
Course Code:	045183
Session Code:	Date specific: See Electives calendar for session code
Instructor:	CAPS Staff/Kay Jarvis
Registration Deadline:	5 business days in advance of the course